



# TOS 2021 Review Course for the ABOM Exam OnDemand Continuing Medical Education Information for Learners

## Accreditation and Credit for Physicians

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates this internet enduring material format activity for a maximum of 17.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME Activity ID 201829480*

## Important Dates for On-Demand Course (Enduring Material)

Date of Release: January 1, 2022

Date of Termination: December 31, 2022

## Learning Objectives

1. Use evidence-based diagnostic/assessment tools to determine which treatment is most appropriate for specific patient types.
2. Develop appropriate behavioral, pharmacological and bariatric approaches for the treatment of patients with obesity.
3. Apply the options that are currently available to develop strategies to treat patients with obesity including dietary strategies, physical activity interventions, medications and surgical options.
4. Implement evidence-based approaches for the treatment of obesity and to be able to explain it in terms easily understood by the patient.

5. Incorporate evidence-based factors that predispose patients to weight gain—including genetic factors, relevant neuropeptides, alterations in energy expenditure and environmental factors—into appropriate patient-treatment strategies.
6. To acquire strategies that foster translation of predispositions into appropriate clinical treatment for patients with obesity.

## Commercial Support

No commercial support was received for this activity.

## Faculty and Planning Committee Disclosure Information

The Obesity Society adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers or others are required to disclose all relevant financial relationships with ineligible entities<sup>1</sup> (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

The Obesity Society asks all individuals involved in the development and presentation of Continuing Medical Education (CME) activities to disclose all relevant relationships with ineligible companies. This information is disclosed to CME activity participants. The Obesity Society has procedures to mitigate all conflicts of interest. In addition, faculty members are asked to disclose when any unapproved use of pharmaceuticals or devices is being discussed. TOS requires additional disclosures beyond the ACCME definition of an ineligible company. These include food, weight loss, and supplement industry disclosures. In the list below, the nature of the relationship and company are followed by the industry of that company.

### Chairs:

At TOS activities, course/session chairs are responsible for timekeeping, introductions, housekeeping announcements, and presenting audience questions to speakers. TOS has determined that chairs do not have the ability to influence content. Accordingly, TOS does not collect, mitigate, or disclose relevant financial relationships of chairs (unless they have a dual role as a planner or speaker). In the case of this webinar, the chairs were also the planners or speakers, so disclosures have been included in this document.

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<sup>1</sup> An ineligible company as defined by the ACCME is one that is not eligible for ACCME accreditation, in other words those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Examples of such organizations include: 1) Advertising, marketing, or communication firms whose clients are ineligible companies, 2) Bio-medical startups that have begun a governmental regulatory approval process, 3) Compounding pharmacies that manufacture proprietary compound, 4) Device manufacturers or distributors, 5) Diagnostic labs that sell proprietary products, 6) Growers, distributors, manufacturers or sellers of medical foods and dietary supplements, 7) Manufacturers of health-related wearable products, 8) Pharmaceutical companies or distributors, 9) Pharmacy benefit managers, 10) Reagent manufacturers or sellers. Reference: <https://accme.org/faq/what-accmes-definition-ineligible-company>

## Panelists:

Panelists are speakers who speak without presenting slides in a portion of a session or course. As speakers, they are required to disclose, and their relevant financial relationships are listed below. All speakers - with or without relevant financial relationships, with or without slides - are advised, and subsequently attest that “The content and/or presentation of the information with which I am involved will promote quality or improvements in health care and will not promote a specific proprietary business interest or a commercial interest. Content for this activity, including any presentation of therapeutic options, will be balanced, evidence-based and commercially unbiased.”

## Speaker Disclosures:

Name	2021 Speaker Disclosures
Bays, Harold (MD, FTOS, FOMA, FACC, FNLA, FASPC)	Contracted Research relationship with Boehringer Ingelheim (Pharmaceuticals); Eli Lilly (Pharmaceuticals); Epitomee (Pharmaceuticals); Novo Nordisk (Pharmaceuticals); Pfizer (Pharmaceuticals).  Speakers Bureau relationship with Novo Nordisk (Pharmaceuticals).  Consulting Fee relationship with Gelesis (Pharmaceuticals).
Courcoulas, Anita (MD, MPH, FACS)	No Relevant Financial Relationships
Donahoo, William (MD)	No Relevant Financial Relationships
Gilden, Adam (MD, MSCE, FACP)	No Relevant Financial Relationships
Jakicic, John (PhD, FTOS, FACSM)	Consulting Fee relationship with WW International, Inc. (Weight Management) and Wondr Health (Weight Management).
Jensen, Michael (MD)	investigator initiated research grant relationship with Novo Nordisk (Pharmaceuticals).
Peterson, Ninoska (PhD)	No Relevant Financial Relationships
Shah, Meera (MD)	No Relevant Financial Relationships
Skelton, Joseph (MD, MS)	No Relevant Financial Relationships

## Planner Disclosures: TOS Annual Meeting Program Committee disclosures:

Name	Role	2021 Planner Disclosures
Butryn, Meghan (PhD)	Committee Member	No Relevant Financial Relationships
Collazo-Clavell, Maria (MD)	Committee Member	No Relevant Financial Relationships
Davidson, Lance (PhD)	Committee Member	No Relevant Financial Relationships
Gilden, Adam (MD, MSCE, FACP)	Co-Director	No Relevant Financial Relationships
Purnell, Jonathan (MD, FTOS)	Co-Director	Consulting Fee relationship with Novo Nordisk (Pharmaceuticals)

**Reviewer Disclosures:** No members of the TOS CME Oversight Committee, charged with the resolution of all relevant conflicts of interest, had any relevant financial relationships while serving on the committee. One committee member did step down upon developing a potential conflict.

Name	Role	2021 TOS Annual Meeting Review Disclosure
Tchang, Beverly (MD)	CME Oversight Committee Member	Accepted a consulting contract with Novo Nordisk on Feb 1, 2021 and stepped down from the TOS CME oversight committee. Prior to that date, had no relevant financial relationships.

## Bibliography

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## Disclaimer

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*This document was last updated December 10, 2021v3.*